



Managers impact employees' mental health as much as their spouses and more than their doctors or therapists.

ELEVATE MANAGEMENT

Well Wisconsin Training Series, brought to you by WebMD Coaching

Join the NEW Well Wisconsin leadership training series, designed to help managers build leadership skills to create a culture of well-being at work. Join one or all four in this series by registering for individual training sessions.

Fostering Resiliency to Prevent Burnout

Recording Available

Identify the causes and symptoms of employee burnout and discover how you can build resilience as a manager both internally and across your team.

[Click](#) or scan for recording



Building ONE Cohesive Culture

Recording Available

Discover how to improve workplace culture by building connections, addressing employee retention and motivating others.

[Click](#) or scan for recording



Destigmatizing Mental Health Challenges

September 4 at 12 pm CST

Understand mental health, the stigma that can surround it and self-care strategies and resources that will support mental health for leaders and teams.

[Click to register](#), or scan



Centering Leadership in Empathy

November 6 at 12 pm CST

Examine how empathy in the workplace can impact the vital role managers play in centering their management style in a supportive, open and understanding way.

[Click to register](#), or scan



July

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.

16 Webinar

Finding Relief with Kaia Health

Virtual webinar where you'll explore how technology can support your journey to better health and less pain. Discover Kaia Health, a new Well Wisconsin program, designed to help you manage musculoskeletal pain from the comfort of your home. Join us July 16 at 12 pm CT for this 1 hour webinar.

21 Cooking Classes

Cooking with Summer Produce

Virtual classes for anyone looking for new ideas for cooking with seasonal produce. We'll discuss the benefits of eating seasonally and options for buying local produce. This 4-week series, meets on Mondays at 12:30 pm CT, starting July 21.

23 Fitness Classes

Strength Training

Virtual classes designed to help you build confidence and skills in strength training. Series includes 4 weekly classes on Wednesdays at 4 pm CT, starting July 23. Can't join the live classes, be sure to catch recordings on our on-demand fitness library.

28 Workshop

Mental Health

Virtual workshop designed to provide information on mental health challenges, raise awareness of various conditions and provide effective support methods and resources to help participants navigate mental health conditions. This 3-week workshop meets on Mondays at 12 pm, starting July 28. **Register by July 24.**



3 Ways to Learn More and Sign Up:

1. Visit etf.wi.gov/well-wisconsin-events.
2. Click on the "Well Wisconsin Events" card in the portal at webmdhealth.com/WellWisconsin.
3. Scan the QR code:



The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

August

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.

8 Fitness Classes

Zumba

Virtual dance fitness classes created for all fitness levels. Enjoy a movement experience designed to help you feel energized as we take the “work” out of workout. Join us on Fridays at 12 pm for 30-minute classes, August 8 through 29.

13 Webinar

Healthier Starts with You

Overview of Well Wisconsin resources available to support your well-being goals on August 13 at 12 pm. Discover programs and tools to help you live your best life.

14 Book Club

Why Has Nobody Told Me This Before?

Virtual book club with a reading plan and discussions, for anyone wanting to improve or maintain their mental health, even during difficult times. Meets bi-weekly on Thursdays at 12 pm or 2 pm, from August 14 through September 25. **Deadline to register is July 16, space is limited to 100.**

20 Regional Screenings

Onsite Biometric Screening Events

Join an onsite screening event and discover your numbers for blood pressure, body mass index (BMI), cholesterol (HDL, LDL and total), triglycerides and glucose. Visit webmdhealth.com/WellWisconsin to schedule an appointment for one of the following screening events this month:

- August 20: Milwaukee
- August 26: Madison
- August 28: Madison

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Find health and closer connection.

Protect Yourself and Your Community

A flu vaccination doesn't benefit you alone. Not only is getting one your best defense against the flu, it can also help protect grandparents, expecting mothers and other vulnerable people in your community. Flu vaccines are available for all employees and spouses enrolled in the State of Wisconsin Group Health Insurance Program.

DID YOU KNOW?

- The flu virus is constantly changing, so it's important to get vaccinated every year.
- During the 2023-2024 season, CDC estimates that influenza vaccination prevented 9.8 million influenza-related illnesses, 4.8 million medical visits, and 120,000 flu-related hospitalizations. For more information about the flu vaccine, visit cdc.gov/flu.
- Call the nurseline available through your insurance provider if you or your family member is sick to help determine where to go for care.

To register for your flu vaccination appointment, log into the wellness portal at webmdhealth.com/wellwisconsin and click "Register" on the Flu Vaccination card.

GET YOUR VACCINE.

Register for a Well Wisconsin flu clinic at the following locations:

- **Oshkosh Hilton Garden Inn,**
Sept. 9, 9 a.m. to 2 p.m.
- **Hill Farms State Office Building, Madison,**
Sept. 12, 8 a.m. to 1 p.m.
Sept. 19, 8 a.m. to 1 p.m.
- **UW - Eau Claire,**
Oct. 14, 8:30 a.m. to 1:30 p.m.
- **UW - Milwaukee,**
Oct. 23, 9 a.m. to 2 p.m.
- **UW - Stevens Point,**
Oct. 29, 9 a.m. to 2 p.m.
- **Monona Terrace,**
Nov. 3, 8:30 a.m. to 1:30 p.m.

Can't attend the dates above? Your employer may be offering other flu vaccine clinics at your workplace. Log in to the Well Wisconsin portal to see all available events. If you can't make any Well Wisconsin flu clinics, remember that your doctor's office or local in-network pharmacy has you covered for your flu vaccination, too.